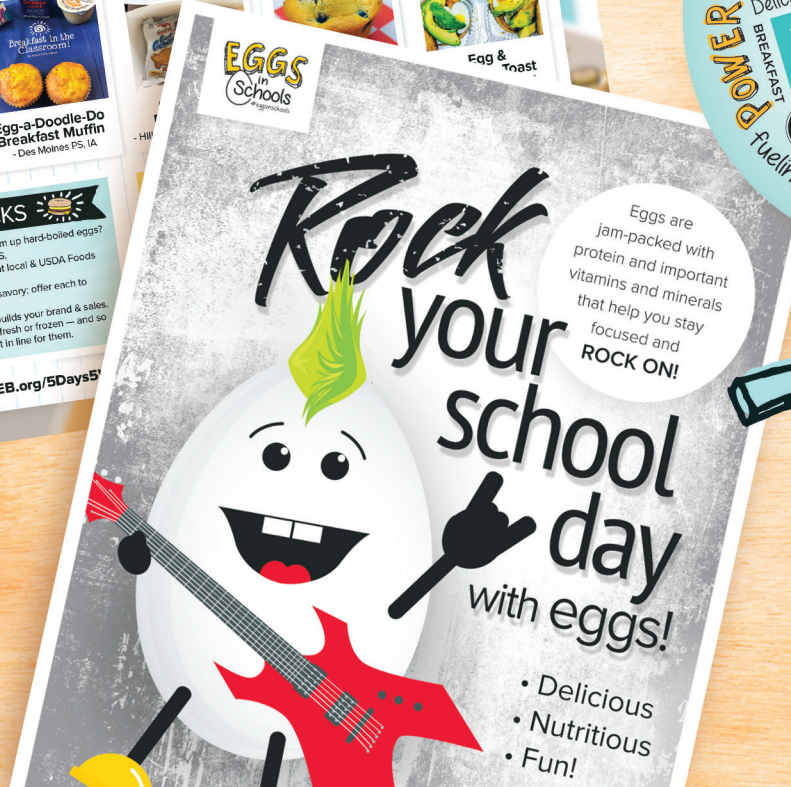
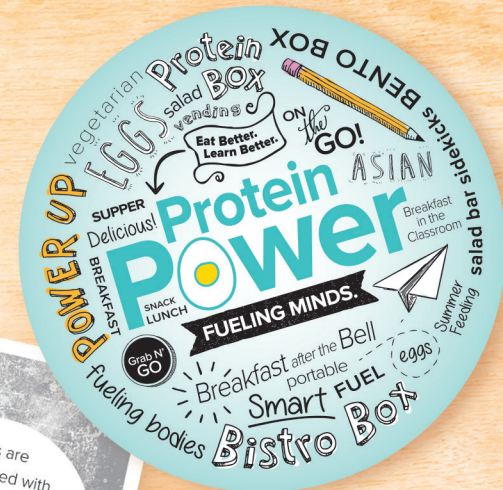


EGGS
in
Schools
#egginschools

the
INCREDIBLE EGG

AMERICAN EGG BOARD



TOOLS
-FOR-
Schools



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WELCOME!

Welcome to the American Egg Board's Tools for Schools Resource Kit!

Developed to help you maximize meal potential, this tool kit includes resources on how to make, menu and market eggs to help keep students satisfied longer, focused on learning and powered for extracurricular activities.

This kit will support your existing school meal planning efforts with:

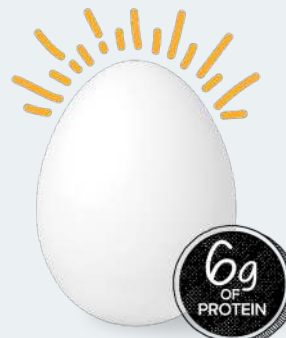
- 🥚 Important nutritional information on the benefits of eggs
 - 🍳 Inspiring recipes that reflect today's youth taste preferences
 - ▶ Videos to educate school nutrition staff
 - ✂ Marketing Materials for Schools—ready-to-use or customize to fit your needs: Go to incredibleegg.org/schoolnutrition
 - 👤 Sample menu plans and REAL school recipes to serve eggs **5 Days, 5 Ways®** across the menu cycle
- Farm to school resources

We'd love to see how you are using our tools and recipes. Please share your photos with Maribel Alchin at malchin@aeb.org.



BRAIN HEALTH

- The 2020-2025 Dietary Guidelines for Americans recommend eggs for the nutrition **babies** need for brain development. The Guidelines highlight the importance of choline, a nutrient rich in eggs while recommending eggs as a first food for babies to reduce risk for an egg allergy.¹
- New research shows **lutein** may play an important role in cognition, as well as **eye health**.²



NUTRIENT PACKAGE

- Eggs are an all-natural, high-quality protein powerhouse. Eggs are good or excellent source of 8 essential nutrients as well as the carotenoids lutein and zeaxanthin (252mcg), all for only 70 calories.³
- Eggs are one of the few **natural food sources of vitamin D (6% DV)**, which is especially important for **school-aged children** for calcium absorption and building bone.^{4,6}



HIGH-QUALITY PROTEIN

- Eggs are a good source of high-quality protein. High-quality protein, like the protein in eggs, has all the essential amino acids to help **maintain and repair muscle while supporting bone health**.^{5, 7}
- Eggs contain important nutrients for teenagers: the Guidelines encourage eggs for **pre-teens and adolescents**, especially girls, because of the protein and choline they provide.

Sources:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025.
2. Wallace, T.C., A Comprehensive Review of Eggs, Choline, and Lutein on Cognition Across the Life-span. J Am Coll Nutr, 2018. 37(4): p. 269-285.
3. US Department of Health & Human Service, Nutrient Data Laboratory. USDA National Database for Standard Reference. Release 28. Basic Report: 01123.
4. US Department of Health & Human Services. National Institute of Health, Office of Dietary Supplements. Vitamin D Fact Sheet for Health Professionals.
5. Schaafsma, G., The protein digestibility-corrected amino acid score. J Nutr, 2000. 130(7): p. 1865s-7s.
6. 2015-2020 Dietary Guidelines for Americans, page 111.
7. Coheley, L.M., et al., Whole egg consumption and cortical bone in healthy children. Osteoporos Int, 2018. 29(8): p. 1783-1791.

HALF A DOZEN REASONS TO SERVE EGGS IN SCHOOLS



Protein supports muscle health¹



Choline is important for brain health²



Carotenoids lutein & zeaxanthin help keep eyes healthy³



Vitamin D helps develop healthy bones⁴



B vitamins turn food into energy⁵



Iodine helps support a healthy metabolism⁶

MAKE EVERY BITE COUNT!
ONE OF THE BEST FOODS FOR HEALTHY BRAIN DEVELOPMENT
IS ALREADY IN YOUR REFRIGERATOR: EGGS!

FOR RECIPES AND TIPS
FOR FIRST FOODS, VISIT
EGGNUTRITIONCENTER.ORG

THE INCREDIBLE EGG
EGG NUTRITION
CENTER

The high-quality protein in eggs helps maintain & repair muscle while supporting bone health.

Introducing eggs when a baby is developmentally ready (4-6 months of age) may be associated with reduced risk of egg allergy.

Just one large egg provides the daily choline needs for babies & toddlers.

The 2020-2025 Dietary Guidelines recommends EGGS as first food for babies & toddlers!

Eggs are an excellent source of choline, a nutrient important for brain health.

What is Choline? CHOLINE IS AN IMPORTANT NUTRIENT FOR MEMORY, MOOD, MUSCLE CONTROL & OTHER BRAIN & NERVOUS SYSTEM FUNCTIONS.

View & download here <https://www.incredibleegg.org/professionals/k-12-schools/tools-for-schools>

Sources:

1. www.eggnutritioncenter.org/topics/physical-performance
2. Caudill MA, Strupp BJ, Muscalu L, Nevins JEH, Canfield RL. Maternal choline supplementation during the third trimester of pregnancy improves infant information processing speed: a randomized, double-blind, controlled feeding study. *FASEB J*. 2018 Apr;32(4):2172-2180.; Wallace TC. A Comprehensive Review of Eggs, Choline, and Lutein on Cognition Across the Life-span. *J Am Coll Nutr*. 2018 May-Jun;37(4):269-285.
3. Mares J. Lutein and Zeaxanthin Isomers in Eye Health and Disease. *Annu Rev Nutr*. 2016 Jul 17;36:571-602.
4. Vitamin D. National Institute of Health. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
5. Institute of Medicine. 1998. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, DC: The National Academies Press. <https://doi.org/10.17226/6015>.
6. Iodine Fact Sheet for Consumers. National Institute of Health. <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>

EGGS SUPPORT MEAL PROGRAMS ON SEVERAL LEVELS

It All Adds Up!

Nutrient Dense: **1** Large Egg = **70** Calories + **8** Essential Nutrients

Good or Excellent Source of

NUTRITIONAL

- High-quality protein
- Good or excellent source of 8 essential nutrients
- All-natural food

LOW IN CALORIES

- Only 70 calories in one large egg
- Satisfying ingredient or snack

ON TREND IDEAS

- Protein snacks for mind & body
- All day breakfast
- Ethnic inspired recipes

PORTABLE

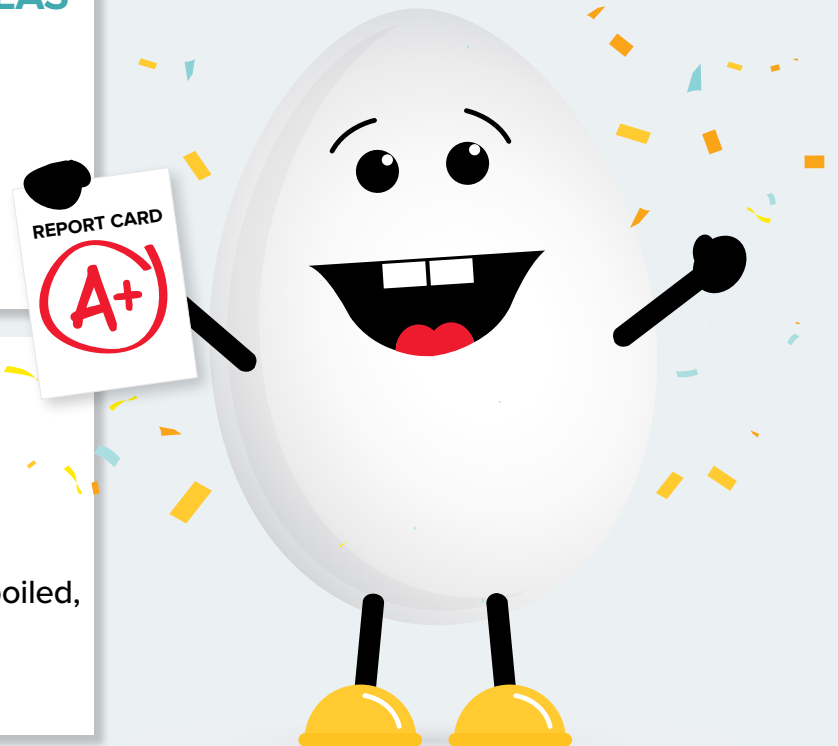
- Protein boxes
- Grab n' go breakfast
- Sandwiches & wraps
- Shaker salads

AFFORDABLE

- Cost-effective protein option
- Versatile ingredient to support inventory cost

VERSATILE

- Breakfast, lunch, supper, snacks & beyond
- Scrambled, hard-boiled, patties, omelets



1. USDA National Nutrient Database <https://fdc.nal.usda.gov/fdc-app.html#/food-details/748967/nutrients>

EGGUCATIONAL NUTRITION RESOURCES



CLASSROOM



Memory Card Game
K-2nd grade

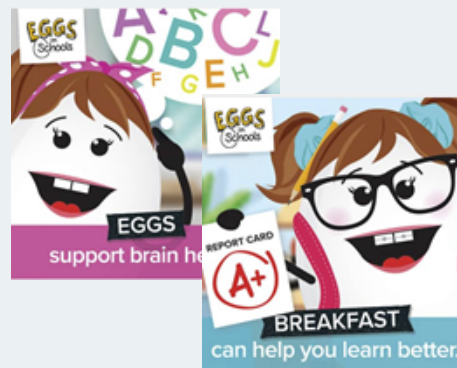


MyPlate Activity
3rd-5th grade

MARKETING SUPPORT FOR SCHOOL NUTRITION PROGRAM



**Printable Food
Packaging
Label [here](#)**



**Social media
graphics & Tweets**



**Parent
Educational
handout**

incredibleegg.org/professionals/k-12-schools/

FARM TO SCHOOL RESOURCES



4th-8th grade



K-8th grade

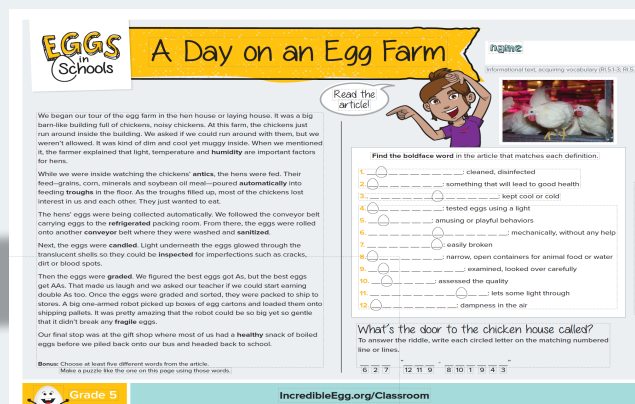


Veggie Egg Pops



Caprese Egg Muffins

Quick & Easy Recipes for cooking demos [here](#)



K-12 lesson plans on:

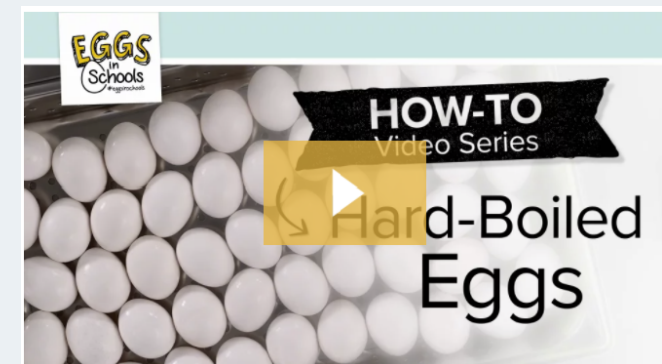
- Egg production
- Nutrition
- Math
- Reading

Resources at incredibleegg.org/classroom

HOW-TO VIDEO SERIES

INSPIRATION *and* INSTRUCTION

- Find inspiration in eggcellent real school recipes
- Master egg cooking techniques
- Communicate the protein power of eggs



View videos at incredibleegg.org/schoolnutrition



The 5 Days / 5 Ways® program provides school nutrition directors with school-tested menu plans that minimize inventory costs while maximizing egg product use by serving eggs multiple ways across a menu cycle.



Click [here](http://AEB.org/5Days5Ways) to view weekly sample menus, REAL school recipes & tips n' tricks for serving/cooking eggs.

PROTEIN BOXES

Serve nutritious, on-the-go options that fuel students, so they can:

- ✓ Focus on learning during class time
- ✓ Maintain energy for extracurricular activities
- ✓ Maintain a healthy diet pattern



PITA PERFECT PROTEIN BOX
Egg, tomatoes, cucumber, pita & hummus



WRAPIDO PROTEIN BOX
Egg, cheese cubes & whole grain wrap



POPSTAR BREAKFAST PROTEIN BOX
Egg, fresh strawberries/blueberries & graham crackers



SALAD BAR SIDEKICK PROTEIN BOX (K – 8)
Egg, crackers, croutons & sunflower seeds



SALAD BAR SIDEKICK PROTEIN BOX (9 – 12)
Egg, toasted edamame, cheese stick & whole grain roll



MVP PROTEIN BOX
Egg, cheese cubes & trail mix

Think Inside the Box. For more Protein box inspiration go [here!](#)

Smart SNACKS

- According to the USDA Smart Snacks in Schools Standards, hard-boiled eggs supply a “nutrient-dense” option for snacks in schools
- Paired with whole grains, fresh vegetables and fruits, they provide delicious and nutritious meal and snack options
- Use in protein boxes, salads, wraps, Smart Snacks and more



WHOLE

Perfect for grab n' go protein boxes, Smart Snacks, Breakfast in the Classroom, etc.



SLICED EGGS

Top a sandwich, salad or entrée



DICED EGGS

Perfect for wraps, tacos and salads



WEDGES

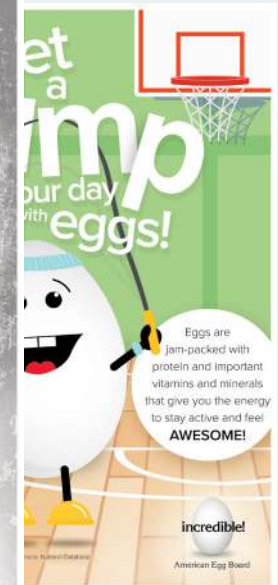
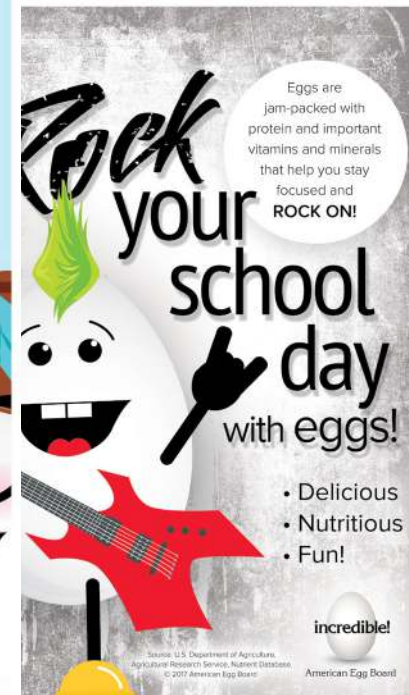
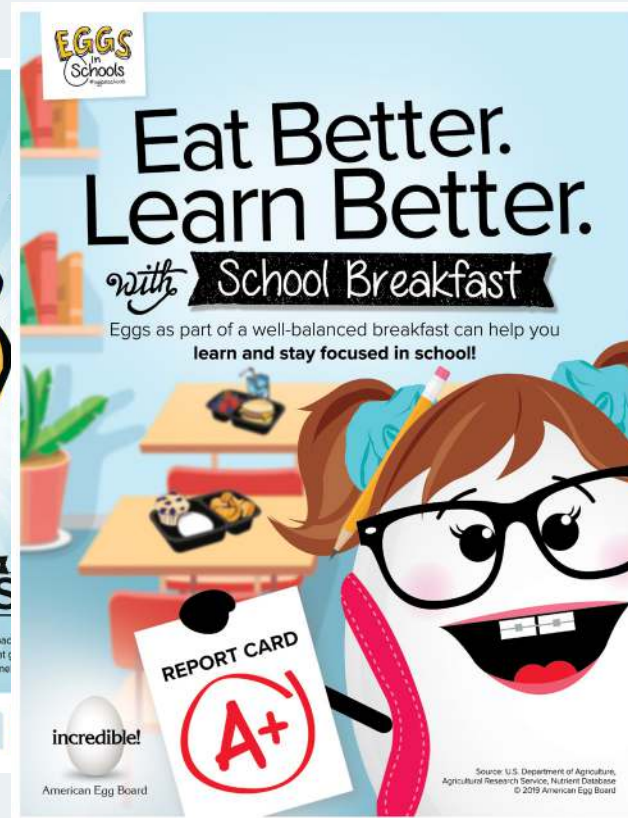
Makes a great snack or salad bar sidekick

Click [here](https://www.fns.usda.gov/tn/guide-smart-snacks-school) to get hard-boiled egg REAL school recipes!



USDA Guide to Smart Snacks in School Guide
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

FUN WAYS TO COMMUNICATE THE BENEFITS OF EGGS



Download ready-to-use posters [here!](#)

Increase meal participation
with Kid-Friendly labels!

TATTOOS *and* STICKERS

LABELS *and* STICKERS



Enhance the visual appeal of food packaging with fun labels.

Kid-friendly tattoos & stickers [here!](#)

Download kid-friendly labels [here!](#)



Click [here](#) for more characters & downloadable artwork.



#EggsInSchools



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About American Egg Board (AEB)

AEB connects America's egg farmers with those interested about The incredible egg. For more information, visit incredibleegg.org.



AEB is a member of the American Commodity Distribution Association (ACDA) and School Nutrition Foundation (SNF)